

# Moodlakatte Institute of Technology

DEPARTMENT OF MANAGEMENT STUDIES

## TOPIC

**AROGYAM- A session on Physical  
Health**

## Organized On

Date:15 Feb  
2023  
Venue:  
Auditorium

## Resource Person

Prof. Jennifer Menezes  
Principal- Moodlakatte College Of  
Nursing  
Moodlakatte Kundapura

## Contact details

Ph. No:  
9886153555

## Participants

Branch/ Section: MBA First year students  
Number of Students: 57

## **PREAMBLE**

As a part of orientation programme, physical health awareness talk called "Arogyam" was organized. Programme encompasses various aspects of maintaining and improving physical health, including exercise, balanced nutrition, rest, hygiene and self care, Avoidance of harmful substances, and preventive care, healthy diet, Adequate rest and sleep etc

## **BRIEF PROFILE OF THE CHIEF GUEST**

Mrs. Jennifer Freeda Menezes working as Principal at Moodlakatte College of Nursing, Moodlakatte Kundapura with M.SC in Community Health Nursing educational background. Attended conference and workshop in Basic Steps in Research Process, Manipal International Nursing Research Conclave (MINRC), Outcome Based Education in Nursing Curriculum – A Paradigm Shift, Picking the right journal and getting published organised by Wolters Kulwer, and Effective Engagement for Older Adult healthy ageing.

## **REPORT**

A special lecture was held as a part of orientation day programme to the First year MBA students. As a resource person Prof . Jennifer Freeda Menezes Principal MCN Kundapura, gave a talk on the topic physical health.

The aim of the talk was to educate and empower students about the importance of maintaining and improving students physical health. The talk began by introducing the speaker and highlighting the significance of physical health in overall well-being. The benefits of regular exercise, increased strength and endurance, and enhanced mood, Various types of exercises, such as aerobic exercises, strength training were explained. Practical tips for incorporating physical activity into daily routines were provided. The role of nutrition in physical health was explained, emphasizing the importance of a balanced diet. The significance of adequate rest and quality sleep in maintaining physical health was discussed. Practical tips for good hygiene practices, such as hand washing, dental care, and cleanliness, were shared. The detrimental effects of tobacco, alcohol, and illicit drugs on physical health were discussed.

The physical health talk successfully educated and engaged the students, promoting awareness and understanding of the importance of physical health. The audience actively participated, asked questions, and showed enthusiasm for making positive changes in their daily lives .

## ORGANIZING COMMITTEE

### Staff co-coordinator:

Prof. Venkatesh Shetty Prof.

Amrathmala

### Student Coordinators:

Mr. Venkatramana 2<sup>nd</sup> MBA Ms.

Tanya 2<sup>nd</sup> MBA

## FEEDBACK

### Resource person:

The students actively participated throughout the session, showing genuine interest in the topic of physical health.

### Students :

Overall, the feedback from the students indicates that the physical health session was well-received and achieved its objectives of educating and inspiring students to prioritize their physical well-being. The session effectively raised awareness, provided practical tips, and encouraged students to take action towards healthier lifestyles.

Invitation:



# MOODLAKATTE INSTITUTE OF TECHNOLOGY

(Affiliated to VTU, Belagavi & Approved by AICTE, New delhi)  
Moodlakatte 576217, Kundapura Taluk, Udupi District, Karnataka

## Department of Management Studies

### **AROGYAM - A SESSION ON PHYSICAL HEALTH**




**Mrs. Jennifer Freeda  
Menezes**  
Principal - MCN


February 15, 2023 | 11:15 AM to 01:00 PM | MIT Kundapura Auditorium

**For 1st year MBA Students**

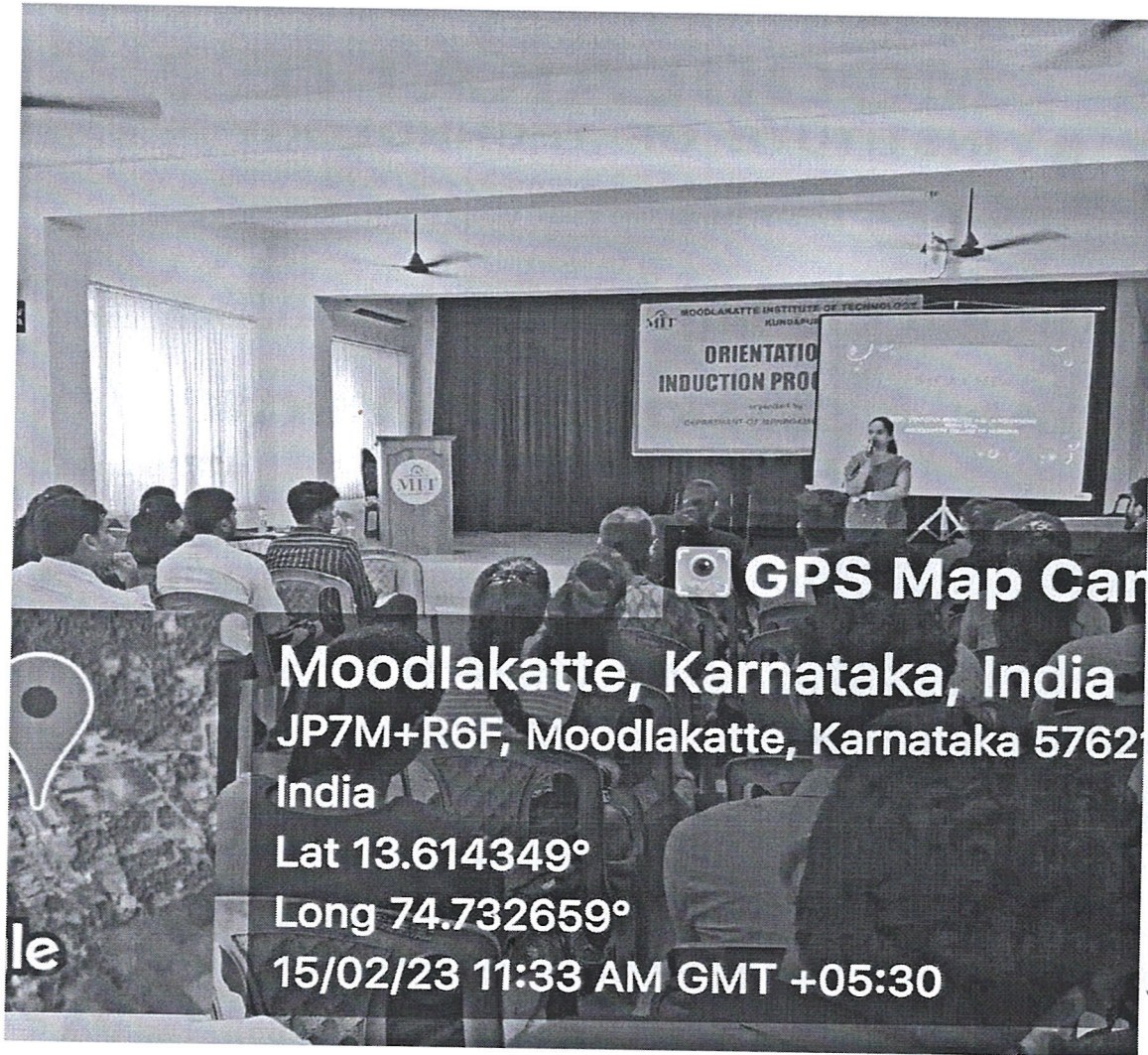
  
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Photos:



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HOD

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